

Friday, June 26, 2020

SNOHOMISH COUNTY LEADERS CONTINUE MONITORING COVID-19 ACTIVITY

Based on current COVID-19 activity and other metrics, an application for Phase 3 will not be submitted today by Snohomish County officials.

SNOHOMISH COUNTY DAILY BRIEFING

Snohomish County Leaders Continue Monitoring COVID-19 Activity

Based on current COVID-19 activity and other metrics, an application for Phase 3 will not be submitted today by Snohomish County officials. Executive Dave Somers and Snohomish Health District Health Officer Dr. Chris Spitters remain cautiously optimistic about the course of the disease in general and will continue monitoring data in the coming days to determine when to proceed with an application to the Secretary of Health.

Question

Are we applying for Phase 3?



Not yet. Snohomish County residents and businesses should plan to remain in Phase 2 at least through the July 4 weekend.

"As I shared earlier this week, we saw a sharp increase in cases on Monday and reports of large gatherings over the weekend. Proceeding at maximum velocity into Phase 3 would be quite risky at the present moment given these recent findings. We need a week or two to assess and control the current situation, monitor the trend in new daily case reports, and track COVID hospitalizations to know whether this was a blip or an early signal of more to come." - Dr. Chris Spitters

Health Officer



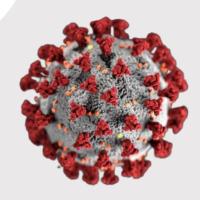
"The current uptick in cases that we are experiencing is concerning. As we are seeing across the country, increased activity is directly related to increased infection rates," said Executive Somers. "To move to the next phase, we need the community's help by wearing masks and maintaining social distancing. Since we've made so much progress, now is not the time to backslide. We will continue to closely monitor the metrics and other counties in the region to track regional progress against COVID-19."

The Phase 2 approval letter required monitoring for at least three weeks before Snohomish County would be eligible to apply for Phase 3. The Snohomish Health District has been providing weekly reports to the Washington State Department of Health, and the most recent snapshot is now available for June 2-20, 2020.

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HEALTH DISTRICT LOOKING TO IDENTIFY GUESTS FROM STANWOOD PARTY

The Snohomish Health District is requesting that all individuals that attended a large house party in Stanwood on Friday, June 19 promptly seek COVID-19 testing.

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Residents and businesses in Snohomish County, as in Pierce and King Counties, must plan to follow Phase 2 restrictions through the 4th of July weekend. This means limiting social gatherings to no more than five people outside the household in a 7-day period. If people do venture out, they should wear face coverings, keep their distance and practice good hand hygiene.

"Getting to Phase 2 was exciting and first step in re-opening Snohomish County, but we can't celebrate too soon," said Stephanie Wright, Chair of the Board of Health and County Councilmember. "We are counting on everyone doing their part to keep their family, friends and neighbors healthy."

Even when Snohomish County reaches the next phase, allowing more businesses and activities to reopen, it will not mean it will be business as usual. There are guidelines that employers will need to follow through all of the phases. More detailed information is outlined in the Safe Start Plan. Businesses must also wait until they have industry-specific health and safety guidance before reopening within the proper phase. The governor's office maintains a list of guidance for industries.

Health District Looking to Identify Guests from Stanwood Party

The Snohomish Health District previously announced reports of a large party where one guest later tested positive for COVID-19. Since then, staff have determined that not all of the estimated 40-70 attendees can be identified or contacted.

The Health District is requesting that all individuals promptly seek COVID-19 testing if they attended a large house party in Stanwood on Friday, June 19. They can either register for one of the community-based testing locations, or by contacting their healthcare provider or another testing facility. All attendees must remain guarantined at home through July 4, unless they develop symptoms and/or test positive. If that occurs, they will be provided additional instructions by the Health District. If there are concerns, people are encouraged to contact their healthcare provider.

The average incubation period for COVID-19—or the amount of time from exposure to first development of symptoms, if any—is 4 to 6 days. However, it can be as long as 14 days. This means that attendees at that party need to be tested quickly to prevent further spread to others. The Health District is also encouraging people who attended large graduation parties or Father's Day celebrations to get tested as a precaution.

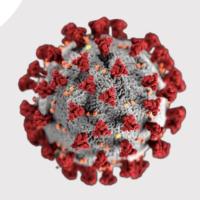
There are a growing number of reports of large gatherings being held in Snohomish County. Given this, the Health District is now recommending that individuals who attend any large gathering to remain at home for 14 days following the event. It is especially importance to follow when attending an event where not all attendees can be identified or where social distancing was not maintained.

As a reminder, quarantine means staying at home for the duration of time. This means not going to work, visiting with others or having guests over, or running errands. People should not leave their home except for a medical appointment or to get tested.

"Even though some larger events like weddings or funerals are permissible in Phase 2, we encourage caution to event planners and auests. Smaller is still much safer," said Dr. Chris Spitters, health officer for the Health District.







DRIVE-THRU TESTING FOR THE WEEK OF JUNE 29

The schedule of drive-thru testing from the Snohomish Health District is available at right.

"Also ask yourself if it's an important enough event for you to stay home afterward for two weeks? If not, it might be better to sit that one out. If so, still wear that face cover, keep your distance and practice good hand hygiene."

Not only are large gatherings at a higher risk of becoming a superspreader event, but they also present significant challenges to staff in being able to quickly identify and contact those potentially exposed. Both of which could impact target metrics needed for future phases in the Safe Start plan, or potentially jeopardizing the current phase.

The bottom line is that the Governor's Safe Start Plan for Phase 2—where we are--prohibits gatherings with more than five people who are not in your household. There are some exceptions, which include faith-based services, weddings and funerals. People should familiarize themselves with what is allowed and not on the Safe Start website.

The Health District endorses that prohibition because it is there for good reason. Please do not plan or attend gatherings larger than the permitted size. Large gatherings promote transmission and unnecessarily consume public health disease control resources needed to progress forward.



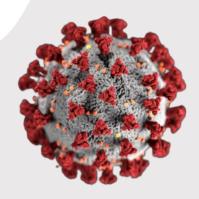
Drive-Thru Testing Schedule for the Week of June 29

The schedule for the week of June 29 is as follows:

- Monday, June 29 from 9 a.m. to 4 p.m. at McCollum Park located at 600 128th St SE in Everett
- Tuesday, June 30 from 9 a.m. to 4 p.m. at McCollum Park
- Wednesday, July 1 from noon to 7 p.m. at McCollum Park
- Thursday, July 2 from 9 a.m. to 2 p.m. at the Sno-Isle Libraries branch located at 6120 Grove St in Marysville







SNOHOMISH COUNTY DATA UPDATES AND COVID ACTIVITY SNAPSHOT

Updated data and the County's COVID Activity Snapshot is available on the Snohomish Health District website. Links at right.

SNOHOMISH HEALTH DISTRICT ANSWERS QUESTIONS ABOUT FACE COVERS

Snohomish Health District's latest blog on face covers is published in its entirety at right.

Testing will continue to be available to those who are:

- Sick and have developed any of the following symptoms within the last 14 days:
 - o Fever,
 - Chills, 0
 - Cough, 0
 - Difficulty breathing,

 - Muscle pain or body aches, 0
 - Headache, 0
 - Sore throat,
 - Runny nose or nasal congestion, or
 - New loss of taste or smell.
- Asymptomatic individuals who:
 - Are a close contact of a confirmed case, or
 - Live in a congregate setting, like a shelter, group home or assisted living facility, or
 - Work in a location that has had a case,
 - Part of a family or social network that has had a case, or
 - Work in healthcare, EMS, law enforcement or other fields where work settings have a higher risk of catching or spreading COVID-19, or
 - Are part of a racial or ethnic group that has been disproportionately impacted by this virus in terms of rate or severity of cases (this includes people who are Black, Latinx, Native American/Alaskan Native, or Pacific Islander), or
 - Need testing as required for health care, employment, or

Registration is now open at www.snohd.org/drive-thru-testing.

Snohomish County Data Updates and COVID Activity Snapshot

The Health District is still providing updates Monday-Friday of total confirmed, total probable, and a breakdown of cases by city. A weekly report is now being posted on Fridays, providing a more detail analysis of cases in Snohomish County from the prior week. The report for the week ending June 20 has now been posted, as well as the updated COVID activity snapshot that provides metrics aligned with the Phase 2 approval.

To read more please see the full press release.

Snohomish Health District Answers Questions about Face Covers

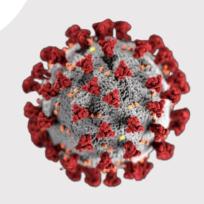
Snohomish Health District late Thursday published a blog post focused on face covers. The information was distributed on the eve of Washington's new public health order going into effect, requiring most people to wear face covers in public. The full post is below:

Cloth face covers required. What to know

Wearing a cloth face cover in public has been a strong recommendation for a couple of months, and now it's the law. A new statewide public health order goes into effect Friday, June 26, that requires people to wear a cloth facial covering in public.







There is a lot of great information out there, including from the Washington State Department of Health, the Centers for Disease Controls and Prevention, the Department of Labor and Industries, Governor Jay Inslee, and Restart's #WearAMaskWA Initiative. We encourage you to check out those resources and review the information below.

Are cloth face coverings required in Snohomish County?

Yes. The order is statewide. The Snohomish Health District supports the order.

"Wear cloth face coverings when out of the home, especially when you're indoors in public places, like shopping, but also when you're outdoors if you cannot maintain a sustained gap of six feet between you and all others," said Dr. Chris Spitters, Health Officer for the Snohomish Health District. "When I do that, I'm protecting you. And when you do that, you're protecting me. It's about all of us working to protect each other. So even if I'm not worried about me getting sick, I can't make that decision for other people."

What kind of cloth face covering should I wear?

Good news! There are a lot of options. If it covers your mouth and nose and does not have holes or gaps, it counts. That means a sewn cloth covering with ties or straps, which you can make or buy, qualifies. A scarf or bandana works, too. The key is to make sure that you can wear it over your mouth and nose comfortably for a stretch of time.

If you are in a field like healthcare or emergency response, you may have professional grade personal protective equipment for work. People who do not need to wear medical arade masks should not do so. It is still important to prioritize those for healthcare and first responders.

Does everyone have to wear a face cover?

Just about everyone, yeah. Unless you meet one of the exceptions, the face cover order does apply to you.

Exceptions are:

- Children younger than 2 years should not wear one.
- Children ages 2-4 are not required to wear one, but it is recommended that they do so in indoor settings where 6 feet of separation cannot be maintained from non-household members.
- People who have a medical condition, mental health condition, or disability that prevent wearing a face covering do not need to wear one.

If you see someone who is not wearing a mask, do not assume that they are ignoring the order. They may have a valid reason.

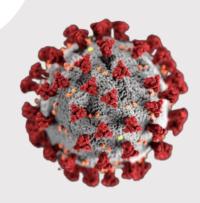
Do people have to wear face covers at work, school or child care?

Yes, you need to wear a cloth face cover if you will be around other people during work, school or child care. You do not need to wear a cloth face cover in your car, at home, or outdoors if you have plenty of space from other people.

Schools were closed through the end of this school year, but we are looking toward the fall. Staff, students and visitors are required to wear face coverings in schools. Check out the Reopening Washington Schools 2020 District Planning Guide for more information. And remember to watch for updates from your school district about fall plans.







As for higher education, monitor guidance from the state and from your higher education institution. Face covers will be required in common areas but not in closed dorm rooms.

At child care facilities, young children (under age 5) are not required to wear face covers, and babies or toddlers (under age 2) should not wear them. However, staff and children age 5 or older must wear face covers at child care, preschool or day camps when they are indoors. More health and safety information is available in the Guidance for Child Care and Early Learning and the FAQ for Child Care Facilities and Other Youth Programs.

But how do I eat?

There are times when you can take off your face cover in public locations. If you are seated at a food establishment – where tables are required to be distanced – you may remove your face cover to eat and drink. If you are doing outdoor activities and can keep at least a six-foot distance from others, you may remove the face cover. If you or the person you are interacting with is deaf or hard of hearing, you may remove the face cover if it is essential for communication. For a full list of when people may remove their face cover in a public setting, see the public health order.

Do face covers work?

The research thus far says yes. The science supports the importance of wearing cloth face covers, and public health officials are confident that face covers can reduce transmission of the virus.

The reason they help is straightforward. We know that COVID-19 and other respiratory illnesses spread largely through respiratory droplets that leave our mouth when we speak, cough, sneeze, sing, shout, and breathe. Even if we can't see them, we spread these droplets – which can carry the virus if we're infected. A cloth face cover over our mouth and nose captures the majority of the droplets and reduces the likelihood that they will carry the virus to someone near us.

Cloth face covers are an extremely useful tool for helping during this pandemic. We know they aren't perfect. They don't filter the air like a medical grade mask, and their primary job is not protecting the wearer. Their purpose is to protect those around the wearer by reducing the range of potentially virus-carrying droplets. And since people can be infected with COVID-19 without showing symptoms, wearing a cloth face cover helps prevent unintentionally spreading the virus.

Will wearing a cloth face cover put me at risk? What about lack of oxygen or overload of carbon dioxide?

No. Wearing a cloth face covering is extremely unlikely to restrict oxygen or cause you to breathe excessive carbon dioxide. They are not airtight.

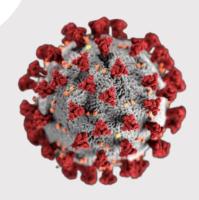
You may be uncomfortable wearing a face cover, especially when you are first getting used to it. Covers should be easy to put on and remove. If you feel dizzy or lightheaded, sit down at least six feet away from other people and remove the cover.

If you have concerns that an existing respiratory condition or other health issue will make wearing a cloth face cover problematic, please contact your medical provider with questions.

And no, wearing a face cover isn't shown to increase your risk of illness. Any germs that get trapped are the ones that came from you, and it won't weaken your immune system by protecting you from other germs you need to build immunity. Don't sell your immune system short. It, and you, will be fine without those extra germs.







ARLINGTON ANNOUNCES DRIVE-BY FOURTH OF JULY

Decorate your front porches, yards, and storefronts in Arlington to celebrate Independence Day. Link to get your display on the map is at right. It is important to avoid fidgeting with the face cover while wearing it, and to wash and dry it between uses. You don't want to transfer germs to your hands and then to other surfaces you touch.

Don't forget to also keep up with handwashing, cleaning and sanitizing high-touch surfaces, and physical distancing (at least six feet from others).

What if I see someone who isn't wearing a face cover?

Enforcement of the face cover requirement is a challenge, and we know that can be frustrating. The statewide public health order carries the force of law and violators may be subject to criminal penalties. However, remember that there are exceptions and people may have an allowable reason not to wear one.

Here are some resources and tips:

- If someone isn't wearing a cloth face cover, don't confront them. The safest thing to do is maintain your distance. Wear your own face cover and lead by example. They may have a good reason for why they cannot wear one. Be kind.
- 2. If you are an employee and your workplace is not enforcing health measures, you can contact the Labor & Industries Call Center to submit a health and safety complaint: 1-800-423-7233.
- 3. If you are a customer and have a concern about a business that is not following health measures, go to the state's online form for Business and Worker Inquiries and select "File a complaint against a business."
- 4. Also, if you notice a business is not following health measures for example, if employees are not consistently wearing face covers and customers are not being actively encouraged to do so – do not patronize that business. Support the many business owners and workers who are taking the right steps to keep you healthy.

We know that cloth face covers aren't comfortable for everyone. We also know that many people don't like being told to wear one in places where they've never had to mask up before. This pandemic has required all of us to make changes to our routines in order to protect our loved ones and our community.

Yes, you should wear a cloth face cover because it's the law. You should also wear a cloth face cover because it is kind. Face covers, hand washing, physical distancing, cleaning and sanitizing – these are all important tools to protect others. Please use them all.

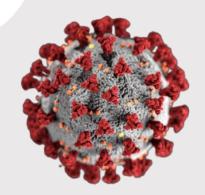
Arlington Announces Drive-By Fourth of July

The community can celebrate July 4th by decorating their front porches, yards and storefronts. There will be a virtual map with the locations of all the registered yards, so you can walk, bike or drive to see and share in the celebration. To put your display on the official "Drive By 4th of July" map, complete the online form.

The map will be available at https://www.stillyvalleychamber.com/ and posted on Facebook.







REMINDER: LYNNWOOD DISTRIBUTING FREE FACE COVERS SATURDAY

Lynnwood residents: Swing through the Recreation Center tomorrow for your free face coverings!

VIDEOS: FACE COVERS NOW REQUIRED IN PUBLIC IN SNOHOMISH COUNTY

Feel free to share the brief social media videos (links at right) to share where face covers can be obtained and to remind the public about the new face cover requirement.

Reminder: Lynnwood Distributing Free Face Covers Saturday



Reminder - swing through the Recreation Center tomorrow for your free face coverings!



VIDEOS: Face Covers Now Required in Public in Snohomish County

The Joint Information Center published two brief social media videos calling attention to the new face cover requirement. One video provides options for obtaining a face cover; the other is a reminder of what is now required, and why.

For sharing:

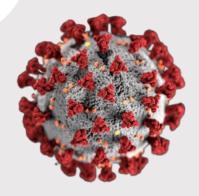
Twitter: Mask Up and Friendly reminder

Facebook: Mask Up and Friendly reminder









DO YOU NEED SUPPORT DUE TO STRESS FROM COVID-19?

Washington Listens, a toll-free call line, can provide non-clinical support to people experiencing elevated stress due to COVID-19.

STATEWIDE FOOD SECURITY UPDATE

The latest information on the distribution of food to those in need is at right.

ICYMI: INSLEE JOINS BIPARTISAN COALITION OF GOVERNORS REQUESTING FEDERAL INVESTMENTS IN BROADBAND

The request emphasized the importance of broadband in helping economic recovery, especially in rural communities.

FROM HOMELESSNESS TO HOUSING DURING THE COVID-19 CRISIS

A family from the Interfaith Family Shelter's Cars to Housing program in Everett will be featured in a documentary on Matter of Fact.

Do You Need Support Due to Stress from COVID-19?

Call **Washington Listens**, a line that provides nonclinical support to people experiencing elevated stress due to COVID-19. People who call **Washington Listens** will speak to a support specialist and receive information and connection to community resources in their area. The program is anonymous and no identifying information is maintained. People who staff **Washington Listens** will receive basic training needed to provide support to individuals during the COVID-19 pandemic. To reach **Washington Listens**, call 1-833-681-0211. Read the Washington Listens fact sheet.

Statewide Food Security Update

The Washington State Department of Agriculture's Food Assistance program distributed 1.3 million pounds of food and served more than 192,000 clients this week. In addition, during the first two weeks of June, WSDA and the state continued its support of the COVID-19 response partnership distributing 168,174 Washington Emergency Food Boxes across the state. The governor's food security coordination team is looking ahead to address staffing concerns in August as Title 32-funded National Guard deployment winds down.

ICYMI: Inslee Joins Bipartisan Coalition of Governors Requesting Federal Investments in Broadband

Inslee joined a bipartisan coalition of governors who sent a letter to the president and congressional leadership requesting federal investments in broadband, especially in rural communities. Their letter emphasized the importance of broadband in helping economic recovery. Read the full letter here.

From Homelessness to Housing During the COVID-19 Crisis

On Sunday, June 28, a family from the Interfaith Family Shelter's Cars to Housing program in Everett will be featured in a Soledad O'Brien documentary on Matter of Fact. The documentary covers how COVID-19 is impacting people from all walks of life, including our neighbors who are experiencing homelessness.

The program is scheduled for 9 p.m. on KONG TV6/16.

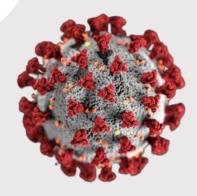
A trailer for the documentary can be viewed here.



OVERCOMING HOMELESSNESS, ONE FAMILY AT A TIME.







CDC EXPANDS LIST OF PEOPLE AT RISK OF SEVERE COVID-19

Yesterday the CDC expanded the list of people at risk of severe COVID-19 illness. Details at right.

RETIRED GEN. JAMES MATTIS URGES WASHINGTONIANS TO STAY UNITED, WEAR FACE COVERINGS TO FIGHT COVID-19

Links to the 30 and 45 second Public Service Announcements are at right.

CDC Expands List of People at Risk of Severe COVID-19

Yesterday, June 25, the Centers for Disease Control (CDC) expanded the list of people at risk of severe COVID-19 illness.

As more information becomes available, it has become clear that a substantial number of Americans are at increased risk of severe illness-highlighting the importance of preventative measures.

A summary of the changes:

- The CDC has removed the specific age threshold from the older adult classification. CDC now warns that among adults risk increases steadily as you age and it's not just those over 65 who are at increased risk.
- The CDC updated the list of underlying medical conditions that increase risk of severe illness. These added illnesses include:
 - o Chronic kidney disease
 - o Chronic Obstructive Pulmonary Disease (COPD)
 - o Obesity (a BMI of 30 or higher)
 - o Immunocompromised state from solid organ transplant
 - o Sickle cell disease
 - o Type 2 diabetes

An estimated sixty percent of American adults have at least one chronic medical condition, with more than 40 percent of U.S. adults having obesity.

You can read the full CDC press release here.

Retired Gen. James Mattis Urges Washingtonians to Stay United, Wear Face Coverings to Fight COVID-19

As communities across the state experience spikes in the number of positive COVID-19 cases, former U.S. Defense Secretary, Gen. (R) James Mattis is urging Washingtonians to follow physical distancing recommendations and wear face coverings to help slow the spread.

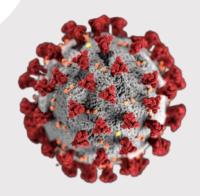
"The good news is we're making progress," Mattis says in a public service announcement. "And that is good news but we're not at the end of the road. Make sure we're wearing the face masks and we keep the social distancing. And let's not go out more than we have to."

WATCH: 30-second PSA or 45-second PSA









CONFIRMED AND PROBABLE CASES OF COVID-19 IN SNOHOMISH COUNTY

Data on case counts are available on the Snohomish Health District website and the Washington State Department of Health dashboard.

ESSENTIAL LINKS AND PHONE NUMBERS FOR UP-TO-DATE INFORMATION

- Snohomish Health District
- Snohomish County
- **Snohomish County COVID-19** Response & Community Resource Hub
- Washington State
- Centers for Disease Control and Prevention
- Snohomish County COVID-19 Phone Line: 425-388-3944
- Washington State COVID-19 Hotline: Call 1-800-525-0127 or text 211-211 for help. For information to be texted to you, text Coronavirus to 211-211.

Confirmed and Probable Cases of COVID-19 in Snohomish County (as of June 26, 2020)

Case Count	Last Updated: 1:10 p.m.
Confirmed	3,427
Probable	467
Deaths	165

Jurisdiction	
Arlington	139 (126 recovered)
Bothell*	252 (210 recovered)
Brier	23 (22 recovered)
Darrington	<5 (<5 recovered)
Edmonds	383 (323 recovered)
Everett	1,165 (926 recovered)
Gold Bar	<5 (<5 recovered)
Granite Falls	30 (30 recovered)
Index	0
Lake Stevens	143 (124 recovered)
Lynnwood	698 (622 recovered)
Marysville	341 (235 recovered)
Mill Creek	60 (51 recovered)
Monroe	98 (83 recovered)
Mountlake Terrace	126 (112 recovered)
Mukilteo	71 (67 recovered)
Snohomish	178 (156 recovered)
Stanwood	123 (99 recovered)
Sultan	10 (8 recovered)
Tulalip	25 (22 recovered)
Unknown/Other	<5 (<5 recovered)
Woodinville*	12 (11 recovered)
Woodway	8 (8 recovered)

Numbers less than 5 are suppressed to protect medical privacy. Unknown includes cases still under investigation. *Counts are for portions in Snohomish County only.



